

How Healthy are You? Quiz

1. The body mass index

- a. is a way to measure our health
- b. tells us about our diet.
- c. is not the same for men and women.

2. The number one killer of Americans is

- a. too much fat
- b. too little sodium
- c. heart disease
- d. too few calories

3. To stay healthy, we should eat

- a. fewer calories
- b. less sodium
- c. less fat
- d. all of the above

4. Too much meat, milk, cheese and butter in our diet is bad because these foods have too much _____.

5. We gain weight when we eat (fewer/more) calories than we need.

6. Fiber is important for a healthy heart. Name three foods that give us fiber:

a. _____

b. _____

c. _____

7. Fried foods are

- a. low in saturated fat.**
- b. good for your heart**
- c. high in saturated fat.**
- d. none of the above**

8. "Nutrition Facts" on the side or back of a box or package are important because they

- a. tell you how to cook the food**
- b. tell you the weight of the box or package**
- c. tell you how healthy the food is**
- d. all of the above**

9. The U.S. government agency that makes sure our food is safe is called the _____.

10. Your doctor checks your cholesterol level by giving you a _____.